

Get Out Of Your Own Way

DNA and Hardwiring

We are born with a body made up from the genes from both of our parents. We also have a mind and an emotional makeup that is inherited from our DNA. We have tendencies like introversion, extroversion, right handed or left handed.

There is a saying: it's in my DNA. This refers to the physical, mental and emotional nature that we are born with. A lot of our makeup is hardwired from birth; born this way as Lady Gaga sings. And yet, these three bodies (physical, mental and emotional) are pliable, changeable.

Body, Mind and Emotions

People recognize that their thoughts and emotions are causing stagnation or causing them to suffer. Then they modify the DNA mind and the DNA emotions. This can have very good, though limited, results.

We can continue to modify and improve our DNA body, our DNA mind and our DNA emotions until our dying day, and still not find what we were looking for ... the peace, grace and wonder of living from our essential energy and not living primarily from our DNA. When the essential energy is flowing through our body, mind and emotions, then there is no fixing or changing of ourselves that is needed.

Working on/improving ourselves is working at the DNA level. A very quick way for the mind and emotions to not be a hindrance is for the essential energy to move through, and to be the source of animation for, our mind and our emotions. This is a radically different approach than continuing to 'work on' our mind or on our emotions.

The Essential Energy

Every truth seeking soul I've met, especially after decades of spiritual effort, has a greater trust in this essential energy inside themselves than they do of their inherited DNA body, mind and emotions.

We are awake when our essential energy flows through our body, mind and emotions. We can modify our DNA body, our DNA mind and our DNA emotions, though none of these parts will ever wake up to reality. The part that wakes up is the part that is already awake. As the decades go on, spirituality becomes: How can I stop blocking or inhibiting the essential energy that is always already present?

Each person reading this article has been awake many, many times; even if just for short periods of time. These moments/times happen when the body, mind and emotions are not actively masking or interfering with the flow of the essential energy.

Rather than working against some of the patterns of our body, mind and emotions we can simply acknowledge and invite the essential energy to flow through our body, mind and emotions. This flow of the essential energy is what heals the DNA body, mind and emotions. Meditation is based on this approach. Spiritual practice is, at the core, to open to the essential energy inside of us.

Getting Out Of Our Own Way

My teacher told me years ago (more than once): “Phil, you need to get out of your own way.” Getting out of our own way gives rise to the essential energy coming through and animating the body, mind and emotions. The body becomes more healthy and relaxed. The mind becomes more clear and quiet. The emotions become more serene and happy.

Practices Recommended To The People In The Group To Get Out Of Their Own Way

Most everyone in the group is on a specific spiritual path and already has specific practices. Knowing that most people have a formal practice, I recommend four practices that don't require much additional time. These four practices do take attention. The practices work to weaken the inhibiting influence that the DNA body, mind and emotions have; keeping us trapped in unhappiness.

One practice is to come to the meetings which have been once every other week. People are not designed to be alone. Gathering together enhances our effort, our surrender and our progress. Another practice is to breathe into our belly, more and more, until this way of breathing becomes our default way of breathing. Many articles have been previously written detailing the benefits of belly breathing. The third practice is to pay more attention to the thoughts and to know when the mind is feeding them bad information. The fourth practice is to write daily to help enhance the flow of essential energy through their body. Many articles have been written about the benefits of daily writing.

A New Offering To Get Out Of Our Own Way

I'm going to conclude this article with the six requirements to move forward that [Racquel](#) recommended to her group in the last week. Racquel is a senior student of my teacher. She has been leading group for many years. These six requirements are from the notes taken by one of the participants. In the next revision of this article, I'll include Racquel's wording of the six requirements.

Six Requirements To Move Forward

1. A deep desire to be clear in what is going inside ourselves and a deep determination to let go of everything that is not serving us.
2. A willingness to surrender everything, to give God our hearts for transformation, trusting that we will get it back. Allowing ourselves to feel the desire to be free.
3. Do the work: breathe, walk, stretch, drink water, be quiet and write.
4. Take ownership of what is hurting, without projecting, without blaming, without judging.
5. Accept the truth of who you really are; not who you think you are, and be responsible for it.
6. Surrender what needs to be cleared and accept what is out of your control. Ask for assistance.

May all beings live in peace.